

when disaster strikes

a planning
& resource
guide

Disaster.

It can strike anytime, anywhere. It takes many forms – a winter storm, a highway spill of hazardous materials, an earthquake, a flood or fire, or an act of terrorism. It builds over days or weeks or hits suddenly, without warning. You could be evacuated from your home, or confined and cut off from basic services – gas, water, electricity, phones – for days.

When disaster strikes, you may not have much time to respond. Local officials and relief workers are usually the first on the scene, but they can't reach everyone immediately. You'll get help, but it may take hours, or even days. Would your family be prepared to cope with the disaster until help arrives?

Your family can cope by preparing for disaster before it strikes. An important way to prepare is by putting together an Emergency Preparedness Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can survive an evacuation or home confinement.

This brochure provides you with a basic checklist for preparing your disaster supplies kit, as well as helpful tips on storage, updates, and handling important family documents. In addition, a list of important disaster service agencies is provided. Space is allowed to add your own local numbers.

Create a Family Disaster Plan

Plan a family meeting!

- Discuss the types of disasters that could happen in your area.
- Explain to family members how to prepare and respond.
- Discuss what to do if you're told to evacuate.
- Decide on how to care for your pets (pets are not allowed in public shelters).

Keep in touch!

- Plan on how your family will stay in touch if separated.
- Pick two meeting places:
 - a location a safe distance from your home in case of an immediate emergency, like a fire.
 - a location outside your neighborhood in case you can't return home.
- Choose an out-of-state friend as a "check-in contact" for everyone to call. Make sure each family member has the contact's home and work phone numbers.
- Know the emergency procedures at your child's school and daycare center/caregiver. Know similar procedures at each family member's place of employment.

Don't forget these steps!

- Post emergency telephone numbers by every phone.
- Teach children how and when to call 9-1-1.
- Show responsible family members how and when to shut off water, gas and electricity at main switches.
safety note: Do not turn gas back on yourself. Rely on utility crews.
- Have each family member learn how to use a fire extinguisher and know where they're stored.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Learn first aid and CPR.

Practice, practice, practice!

- Don't forget to practice your plan.
- Test smoke detectors monthly and change the batteries twice a year.
- Test and recharge your fire extinguisher(s).
- Conduct practice evacuations so every family member knows the best escape routes.

water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more. Remember to change your water supply every six months.

- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation).
- Keep at least a three-day supply of water for each person in your household.

food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.

Don't forget to rotate the supply every six months. Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples: sugar, salt, pepper
- High energy foods – peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

first-aid kit

Assemble a first-aid kit for your home and one for each car. A first-aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2- and 4-inch sterile gauze pads (4-6 each)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2- and 3-inch sterile roller bandages (3 rolls each)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen

non-prescription drugs

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by Poison Control Center)

tools & supplies

- Mess kits, or paper cups, plates & plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries*
- Flashlight and extra batteries*
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher (small canister, ABC type)
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Wrench to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of area (for locating shelters)

sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags & ties (for personal sanitation)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

* Don't forget to check batteries at least once a year!

clothing & bedding

Include at least one complete change of clothing and footwear per person. Remember to update at least once per year.

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

special items

Remember family members with special needs, such as infants and elderly or disabled persons.

for babies

- Formula
- Diapers, bottles
- Powdered milk
- Medications

for adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs (check with your pharmacist for storage concerns)
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Entertainment: games and books.
- Important Family Documents

Keep these records in a waterproof, portable container.

- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

resources

Federal Emergency Management Agency: FEMA is the lead federal emergency response organization tasked with responding to, planning for, recovering from and mitigating against disaster. FEMA's Community and Family Preparedness Program is a nationwide effort to help people prepare for disasters of all types. www.fema.gov
24-hr Disaster Info Hotline 1.800.525.0321
Emergency preparedness publications 1.800.480.2520
or write: FEMA, POB 2012, Jessup, MD 20794-2012
You can also register over the phone to be referred to all appropriate disaster assistance agencies.....1.800.621.FEMA

Governors' Office of Emergency Services: OES coordinates preparedness for and response to major disasters. It is responsible for the state's readiness in responding to and recovering from natural, manmade and war-caused emergencies and for assisting local governments in their emergency efforts. www.oes.ca.gov
Safety Information & Referral Line .. 1.800.550.5234

Department of Social Services: CDSS provides aid, services and protection to needy children and adults. CDSS also sponsors several disaster-related programs that include a feeding program and emergency welfare services for victims of presidential-declared disasters. These programs provide food, temporary care and shelter for disaster victims..... www.dss.cahwnet.gov
CDSS 1.800.211.2224

California Department of Insurance: CDIS assists consumers, aids in licensing insurance agents or brokers, and provides information on laws that regulate the insurance industry. The website maintains a “Catastrophe Preparedness Series” that offers important information on fire, flooding, earthquakes, and drought. www.insurance.ca.gov
CDIS 1.800.927.HELP

California Department of Transportation: CALTRANS provides up-to-date information on road conditions of the California Highway System. It covers incidents that cause significant delay of normal flow of traffic such as closures, land construction and emergencies.
.....www.dot.ca.gov
Road Conditions..... 1.800.427.7623

California Dept. of Forestry & Fire Prot.: CDF is dedicated to the protection and stewardship of over 31 million acres of California’s privately-owned wild lands. It also provides varied emergency services and often takes the lead in disaster response. CDF sponsors education programs on fire prevention and fire safety; for instance, the “Fire Safe California” program provides fire safety information for those living in wildland areas.www.cdf.ca.gov
Fire Safety Publications 916.653.5123
or write: CDF HQ, POB 944246, Sacramento, CA 94244-2460 [To contact your local CDF facility, call the operator for your local facility number or check the business section of your local telephone directory.]

California Environmental Resources Evaluation System: CERES is an information system developed by the California Resources Agency that facilitates access to a variety of electronic data on California’s diverse environments. CERES provides comprehensive flood information for California, including preparedness and recovery. www.ceres.ca.gov

California Dept. of Toxic Substances Control:

Established under the auspices of the California Environmental Protection Agency, DTSC is responsible for protecting California and its residents from exposure to hazardous waste, regulating waste facilities, and overseeing cleanups..... www.dtsc.ca.gov
Hazardous waste management
and disaster response 916.323.6042
or write: DTSC HQ, P.O. Box 806, Sacramento, CA
95812-0806

American Red Cross: Chartered by Congress in 1905, the American Red Cross is a humanitarian organization led by volunteers to help people prevent, prepare for and respond to emergencies. Their mission is to ensure nationwide disaster planning, preparedness, community disaster education, mitigation and response. The American Red Cross Disaster Education Program is a nationwide effort to help people prepare for disasters of all types. You can order “Your Family Disaster Plan” and “Emergency Preparedness Checklist” from your local Red Cross chapter. Call the operator for your local chapter number or check the business section of your local telephone directory. www.redcross.org

Salvation Army: Founded in 1865 by William Booth, the Salvation Army provides a wide range of social, medical, and educational programs, as well as other community services. Call the operator for your local corps number or check the business section of your local telephone directory. www.salvationarmy.org

local numbers

Call **9-1-1** in an emergency.

fire

police

schools

utilities

**“You cannot escape the responsibility
of tomorrow by evading it today.”
Abraham Lincoln**



Senator George Runner

Capitol Office

State Capitol, Room 4066
Sacramento, CA 95814
tel (916) 651-4017 • fax (916) 445-4662

Antelope Valley Office

848 W. Lancaster Blvd., Suite 101
Lancaster, CA 93534
tel (661) 729-6232 • fax (661) 729-1683

Santa Clarita / San Fernando Valley / Ventura Office

23920 Valencia Blvd., Suite 250
Santa Clarita, CA 91355
tel (661) 286-1471 / (661) 286-1472
fax (661) 286-2543

Victorville Office

Victorville City Hall
14343 Civic Drive, First Floor
Victorville, CA 92392
tel (760) 843-8414 • fax (760) 843-8348

www.sen.ca.gov/runner